



Your local Peer
Support Program
(PSP) Team

Office of Employee
Wellness

(855) 897-9822

WellnessNews@
cdcr.ca.gov

EAP

(866) 327-4762

www.eap4soc.mhn.com

Office of Resource
Planning

(877) 297-5599

CDCR.RPRSHelpdesk
@cdcr.ca.gov

CDCR Resources

Office of Employee Wellness

(855) 897-9822 WellnessNews@cdcr.ca.gov

www.cdcr.ca.gov/Wellness/index.html



Employee Assistance Program (EAP)

EAP is a service designed to help you manage life's challenges. They will help customize EAP solutions by understanding your unique needs and offer the appropriate assistance or referrals. The following services are available to you thru EAP:

- Resources for Relocation
- Financial Services
- Legal Services
- Childcare and Eldercare Assistance
- Stress and Anxiety
- Clinical Counseling
- Domestic Violence
- Daily Living Services

Call EAP at **1-866-327-4762** (Available 24 hours a day, 7 days a week)

Or visit: **www.eap4soc.mhn.com** (and register with access code: **soc**)

"Reinvention: The Other Side of Uncertainty"

Video now available at: www.cdcr.ca.gov/Wellness/seminars.html

A new series of videos produced by the Office of Employee Wellness can help employees navigate the career changes and emotional challenges in the aftermath of Realignment.

- Learn steps employees can take to evaluate their skills to find new jobs.
- Learn how to cope with the anger, fear, or other emotions that often are a part of uncertainty and change.
- Find out about career resources, networking tips, resume writing, and much more..

***Live seminars will continue to be scheduled at CDCR locations statewide.**

Office of Resource Planning

(877) 297-5599 CDCR.RPRSHelpDesk@cdcr.ca.gov

www.cdcr.ca.gov/layoffresources/index.html



- Steps in the Layoff Process During Layoff
- Job Search Opportunities
- Voluntary Transfer Opportunities
- CDCR Employee Seniority Scores
- SROA Manual
- FAQ's and much more.....